

ABSTRACT

The invention relates to a heart rate monitor. The essential point of the invention is that a display element (201) of a display (20) of the heart rate monitor for displaying a settable minimum limit for a heart rate level is located at a first

5 end (211) of a display element unit (210) controlled according to the heart rate level, on the same side of the display as the first end of the display element unit. Similarly, a display element (202) for displaying a settable maximum limit for a heart rate level is located at a second end (220) of the display element unit (210), on the same side of the display as the second end of the display

10 element unit.

(Figure 6)